## ABSTRACT OF THE DISCLOSURE

A variable length cane generally comprises a first member and second member slideably connected to the first member. The first member has a first inside diameter, a first end, and a second end. The second member has a ground engaging end, an upper end, and an intermediate section between the ground engaging end and the upper end. The upper end of the second member has a second inside diameter. The upper end and a portion of the intermediate section are slideably connected to the first member. A ball screw, have a ball nut threaded thereon, is inserted into the second member, where the ball nut is attached to the second member. Power means rotate the ball screw causing the ball nut to travel along a portion of the length of the ball screw, with the second member moving in combination with the ball nut, causing the cane to either extend or contract. The cane may be used to assist a user to come to a standing position, or support a user in coming to a sitting position.

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